

PST/INTERVIEWS FOR WHIDBEY ISLAND, CA

Dates for 2004

JAN 9 th /23 rd	FEB 13 th /27 th	MAR 12 th /26 th	APR 9 th /23 rd
MAY 7 th /21 st	JUN 11 th /25 th	JUL 9 th /23 rd	AUG 13 th /27 th
SEP 10 th /24 th	OCT 8 th /22 nd	NOV 5 th /19 th	DEC 3 rd /17 th

****Note:** You will experience a delay in the processing of your PST request if you have not followed the Step-by-Step Guideline. Please read and follow the [PST Request-
http://www.seal.navy.mil/pdf/pstrequest.pdf](http://www.seal.navy.mil/pdf/pstrequest.pdf) PST's are scheduled NLT 72hours prior to test time and date.

Time 0730

Arrive min 15 early to ensure you have time to warm-up. BE READY TO START THE PST @0730

LOCATION

NAS WHIDBEY ISLAND, AVIATION SURVIVAL TRAINING CENTER
(POOL)

DIRECTIONS

From SeaTac Airport take i-5 north for 75 miles. Take the Avon cut-off / W. Rio Vista Ave. exit. Continue on Avon cut-off for 4.4 miles. Take wa-20 west for 20 miles. Turn right on Ault field rd for 1.9 miles. Turn right onto Langley blvd to main gate for .5 miles. Enter main gate and stay straight for .2 miles. Turn left on midway for .2 miles. Turn right on Princeton for .2 miles. Aviation Survival Training Center (ASTC) pool will be on your right.

Gear List

Candidates are required to arrive 15 minutes early with the items listed below:

A copy your PST Confirmation email

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL candidates**

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, *IAW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Completed NC worksheet
(<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>)
 - (2) Uniform of the day
 - (3) Original special request chit
 - (4) Military ID
 - (5) Service record
 - (6) Wavier(s) (See Waivers)
- * No exceptions

NOTE:

Cancellations ASAP

<mailto:motivators@navsoc.navy.mil>